

One of the objectives of the present invention is to provide a cord (5) for a tampon (1) that will not be broken or damaged at the time of compacting the absorbent body (3), replacing the cord (5) that has been used at present. This objective is achieved by means of a tampon (1), particularly a tampon for holding vaginal exudates, comprising a substantially cylindrical absorbent body (3) having longitudinal grooves (4) in its surface and comprising a cord (5) suitable for handling said tampon (1), associated to the absorbent body (3), the cord (5) being textured. A method is also described for manufacturing said tampon (1) with the respective textured cord (5).